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05/08/1990 - Dow receives Distinguished Faculty Award

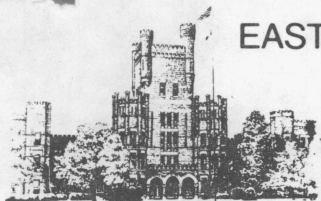
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EASTERN ILLINOIS UNIVERSITY
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FOR IMMEDIATE RELEASE:

DOW RECEIVES DISTINGUISHED FACULTY AWARD

CHARLESTON, IL.--Eastern Illinois University Professor Ruth Dow is the recipient of Eastern's 1990 Distinguished Faculty Award. She is known by her peers throughout the Charleston community and nationally and internationally as an outstanding educator and leader in home economics and nutrition.

Dow will accept the University's highest faculty honor at the 2 p.m. Spring Commencement Ceremony Saturday, May 12, on the Library Quad (Lantz Gymnasium in case of rain).

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Described by her colleagues as a "superior teacher and respected researcher who gives unselfishly of her time to her students and to community activities," Dow was selected by a committee composed of faculty, students and alumni based on her excellence in teaching, professional growth, and service to the academic community and community-at-large.

She came to Eastern in 1969 and moved up the ranks to her current position as professor and graduate coordinator in the School of Home Economics. She has been consistently rated as an outstanding teacher at both the graduate and undergraduate level, according to Barbara Hill, Dean of the College of Applied Sciences.

Dow has combined her professional expertise with her desire to help disadvantaged people around the world, especially in Central and South America.

She has served as a consultant and visiting professor in the area of nutrition at the University of Costa Rica. As a member of Alfalit International, Inc., a literacy organization, she has traveled to Mexico and Guatemala and surrounding countries to instruct teachers how to use two books she has written aimed at improving the nutritional knowledge of Latin Americans.

At the local level, she has been a consultant dietician for the Peace Meal Program for Senior Citizens and the Charleston Food Pantry Board. She has also been instrumental in initiating "World Food Day" as an annual celebration in this area.

She and her husband, Charles, are also long-time volunteers at Lincoln Log Cabin State Historic Site and active in the Charleston Presbyterian Church.

Dow has received numerous faculty and teaching awards during her 21 years of teaching at Eastern, including the Women's Studies Council 1990 Woman of Achievement Award, 1989 Faculty Excellence Award for teaching and service, 1984 Outstanding Faculty Merit Award and 1978 Outstanding Teacher Award. In 1986, she was nominated for the Carnegie Foundation Council for the Advancement and Support of Education's "Professor of the Year Award."

Dow has not only provided guidance and support to many young dietitians and emerging leaders, but her efforts have also resulted in the current graduate study option in dietetics becoming one of the first 10 programs nationwide to be approved by the American Dietetic Association under their revised guidelines.

She has developed senior seminars for graduate students, established internship sites at hospitals in the Central Illinois area and edits News and Views, an annual School of Home Economics newsletter.